



Vol. 47, No. 13 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, April 7, 2006

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New bowling center opens doors Thursday

By Senior Airman Katie Thomas
Editor

The base's new bowling center is opening Thursday after four years of planning and renovations.

All community members are invited to the grand opening beginning at 3 p.m. at its new location, Bldg. 1213 on the west side adjacent to the BXtra.

There will be numerous drawings for prizes including bowling balls, bowling shoes, t-shirts and cash. Also, the base's chief master sergeants will face off against the colonels during a "Chiefs vs. Eagles" bowling tournament.

The \$5.7-million center is an upgrade from the base's previous facility located near the Yokota Community Center, said Jeff Hamilton, bowling center manager and 25-year bowling veteran.

"When I first arrived at Yokota, my sponsor was taking me around base and said that first we would go to lunch at the bowling center then make a quick stop by the AAFES [Army and Air Force Exchange Services] warehouse," he said. "When we

parked, I thought we must have stopped at the warehouse first, but my sponsor told me, 'No, this is the bowling center.'"

Mr. Hamilton worked with a team of about 15 civilians and Airmen from the 374th Civil Engineer Squadron for about three years to design the new facility. The final design and funds request were sent to and approved by Congress.

The facility has a state-of-the-art computer scoring system, and new sound and lighting system. Patrons also have their choice of 300 new house bowling balls and 300 new rental shoes when they play.

The center's pro shop has a variety of items and services, including a clear window between patrons and the bowling ball drilling equipment so they can watch as pro shop employees work on their bowling ball.

A children's play area located near the lanes helps parents keep an eye on their children while they bowl. Near the play area is an arcade with about 20 different games.

The facility also boasts a

large room with a moving divider wall that can be used for small commander calls or birthday parties.

Mr. Hamilton said there are numerous other small upgrades patrons will discover as they use the facility, including a league secretary computer at the main desk.

Other amenities include smoking and non-smoking bar and lounge areas with slot machines, television and billiards positioned beside each other with a wall dividing the areas.

"We want this to be a home away from home," said Mr. Hamilton. "When we designed this facility, we wanted that hometown feel to it, so it is retro-themed to the 1960s, 1970s and 1980s. The only military reminder is the lane murals that were specially designed with images of a C-130, C-21 and UH-1 to recognize our mission and why we are here."

The facility is open Fridays and Saturdays from 11 a.m. to 11 p.m., and Mondays through Thursdays from 11 a.m. to 10 p.m.

For more information, call 225-7191.

A cherry good time

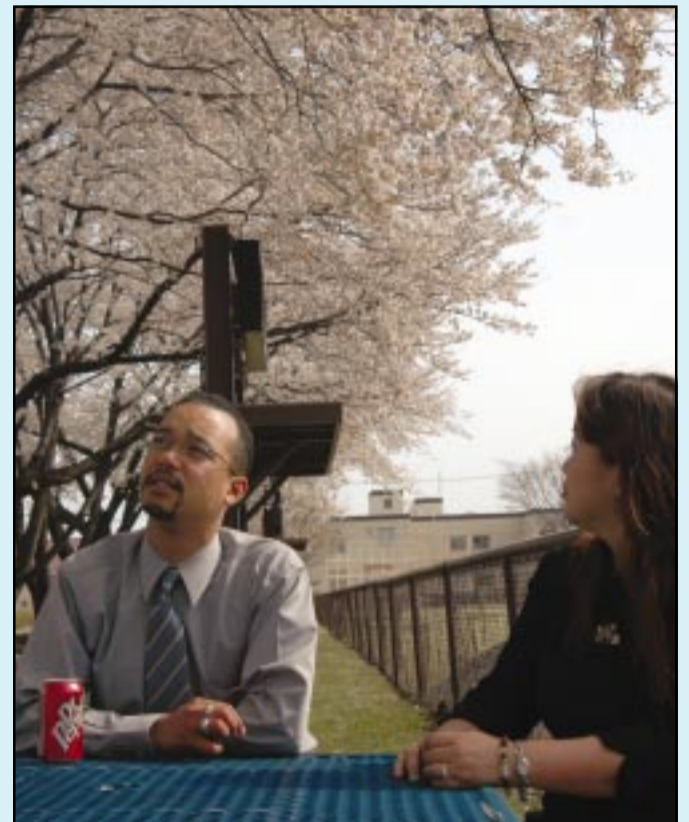
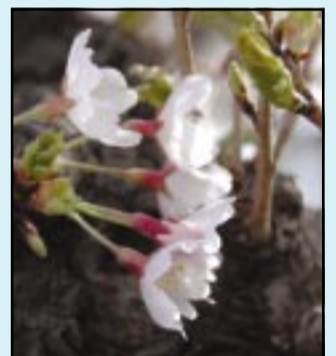


photo by Capt. Ben Alumbaugh

Above, Japanese employees here enjoy a break from their day to enjoy the outdoors and the cherry blossoms. The trees bloom only once a year, and the cherry blossoms themselves last for about seven to 10 days depending on weather conditions. Right, a close-up look at the cherry blossoms, known as "sakura" in Japanese.



Community feels itch, sneeze with allergy season in full bloom

Base doctors suggest lowering exposure to outdoors, other techniques before making appointment

By Capt. Ben Alumbaugh
374th Airlift Wing Public Affairs

Spring in Japan is always a beautiful time, but not always fun for people who suffer from allergies.

This year's spring allergy season has started and is in full swing. Doctors at the base hospital have been seeing more and more patients who are itchy and sneezing due to allergies.

According to Maj. (Dr.) Mark LaShell, 374th Medical Operations Squadron allergy extender, allergy problems in the spring are typically triggered by tree pollens.

In Japan the primary culprit is the

Japanese Cedar tree, otherwise known as the Sugi tree. Thousands of these trees were planted in Japan during the 1950s as part of a reforestation project and they are all now reaching maturation.

"Japanese Cedar trees actually start releasing pollen in January but peak levels occur in March and April," said the doctor. "Allergy sufferers notice this most on those clear, warm, windy, sunshine filled days that should seem so pleasant but are also when pollen levels tend to be higher."

In May the Cedar pollen levels fall off although other trees release pollen at that time. In the summer, grasses such as Timothy grass release their pollen.

And in the fall comes the weed pollen, which is a species of Ragweed.

While the biggest allergy season in Japan is the spring, some allergy sufferers will experience symptoms during other seasons as well.

"An interesting side note about allergies is that it's the pollen – not the flowers – that cause allergy symptoms," said the doctor.

Some people who have lived here a few years without any problems may find that suddenly this year it's different.

"That's not an uncommon pattern with allergies," states the doctor. "First, you get exposed to the pollen (or other allergen) for a year or two – the sensitization stage. Then, on the following pollen season, your body is primed."

The doctor says there are a few things people can do to minimize the discom-

fort resulting from allergies:

- ⇒ People can decrease exposure to pollen.
- ⇒ Changing clothes and taking a shower after being outside for extended amounts of time.
- ⇒ Keeping windows closed, especially in the bedroom and car.
- ⇒ Use air conditioning with filters.
- ⇒ Don't hang laundry outside to dry.
- ⇒ Stay indoors when the pollen count is particularly high.

If community members find that these environmental modifications aren't enough, then allergy medications may be needed to give the relief needed.

Base doctor says there are a number of effective medications available over the counter. If they prove inadequate, contact their Primary Care Manager to discuss other treatment options.

Airmen graduate leadership school

The following senior airmen recently graduated from Airman Leadership School:

Brian Andrew, 374th Medical Support Squadron; **Elliott Boatman**, 374th Aircraft Maintenance Squadron; **Erik Castilleja**, 374th Communications Squadron; **Richard Crom**, 374th Logistics Readiness Squadron; **Julia Dunlap**, 730th Air Mobility Squadron; **Julianne Duryea**, 374th Medical Operations Squadron; **Johnathan Elzie**, Det. 2 Pacific Air Forces Air Postal Squadron; **Daniel Ferguson**, 374th CS; **Adam Henson**, 374th Maintenance Squadron; **Gerald Hogue**, Operating Location C, AFNEWS Detachment;

Michael Johnson, 374th MDSS; **Naniah Jones**, 374th Civil Engineer Squadron; **Clinton Phillips**, 36th Airlift Squadron; **Michael Prendes**, 374th LRS; **Jennifer Sherman**, 374th Security Forces Squadron; **Nathan Simmons**, 730th AMS; **Reginald Sims**, 624th Air Control Flight; **Tyler Spencer**, 730th AMS; **Joseph Szelagiewicz**, 730th AMS; **Patrick Van Tatenhove**, 374th AMXS; **Paul Wendt**, 374th Operations Support Squadron; and **James Williams**, 374th MXS.

Financial Services Office wins best in Air Force

Troops, civilians supported military banking facilities, tested new programs during 2005 to take award home

By Capt. Ben Alumbaugh
374th Airlift Wing Public Affairs

The financial services office from the 374th Comptroller Squadron is the best in the Air Force for 2005.

While most people think of them as just the "finance office", the FSO actually works two functions. The first is the part most people know: customer service. The second part is the other known commodity: customer support for systems such as Defense Travel System.

According to Senior Master Sgt. Ed Harvey, flight chief for the FSO, there were a couple of unique items the office did to garner their award.

"We are an Air Force unique financial office in that we fund all military banking facilities in the western Pacific," said the sergeant. "Also, we volunteered to test new systems for

Pacific Air Forces, which helps our constantly transforming Air Force."

"The FSO is about half the squadron and it's no surprise to me after seeing the type of excellence they do every day," said Lt. Col. James Reitzel, 374th Comptroller Squadron commander. "I get more positive unsolicited feedback from people here about our financial services office than any other unit I've ever been associated with in my career."

The colonel went on to state how everyone in the organization plays such a critical role in the success of the squadron.

"It can't be overstated how much everyone plays a part in this award," said the colonel. "We have a mixture of military, Japanese national and American civilians and they all do such an awesome job."

"It comes down to this," the colonel stated. "No one wants to have think about their finances

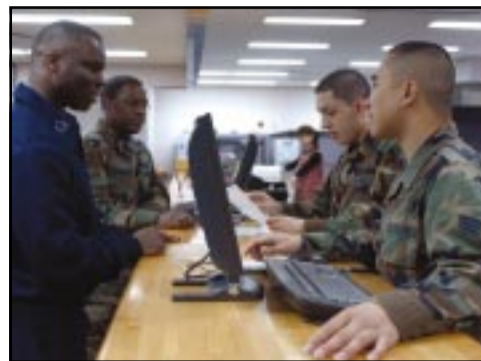


photo by Senior Airman Katie Thomas

(Right) Senior Airman Johnny Inthirath and Airman 1st Class Gilberto Martinez, 374th Comptrollers Squadron, help customers with financial concerns Wednesday morning.

and what is going with their money. We have to be on top of things 100 percent of the time.

"Our ultimate goal is to make sure the customer is satisfied," said 2nd Lt. Capri Gunn, 374th Comptroller Squadron financial services officer. "If they are worried about their pay then the mission suffers."

Base moves to new travel system, allows users more control

By Capt. Ben Alumbaugh
374th Airlift Wing Public Affairs

Yokota members will have a new way of getting orders and filing travel vouchers for temporary duty.

The base is preparing for everyone to be using the new system and training for the system will run Monday through Friday at the base theater.

Currently the base is using a limited version of Defense Travel System for orders, but is moving to the full version of DTS.

"We have already begun activating some of the units on base," said 2nd Lt. Capri Gunn, financial services officer for the 374th Comptroller Squadron. "By Aug. 3 the entire base will be up and running on DTS-full."

Similar to the changes at the military personnel flight, the use of DTS puts the focus at the member's hands rather than at the finance office.

"Having this system should help make things more efficient," said the lieutenant. "Using DTS will reduce the amount of paper-

work and the amount of time people have to be out of the office. As the saying goes: saving time is saving money."

Another highlight of using the system is the speed at which members are reimbursed.

"Once a voucher is approved for payment, reimbursement is made electronically directly to the traveler's government travel card," said the lieutenant. "DTS will pay in the same manner as the limited version people have been using,"

New users need to attend one

of the training sessions from 9 a.m. to 10:30 a.m. or 1 p.m. to 2:30 p.m. at the base theater this week. Approvers need to attend one session from either 10:30 a.m. to 11 a.m. or 2:30 p.m. to 3p.m.

There is also a training tutorial on the DTS Web site, located at www.defensetravel.osd.mil.

To learn more about the capabilities and functionalities of DTS, visit the Defense Travel System Travel Center Website at www.dtstravelcenter.dod.mil or call the Finance Service Office at 225-5199.

NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at www.af.mil

Defense Department Celebrates 'Month of the Military Child': WASHINGTON (AFPN) – The Defense Department has long understood the value of caring for and celebrating children of servicemembers.

April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community. It recognizes military families and their children for their daily sacrifices.

Results are in: Airmen voice opinions in 2005 climate survey: WASHINGTON (AFPN) – More than half of all Airmen participated in the 2005 chief of staff organization climate survey, which allows participants to voice their opinions on issues affecting them and their jobs.

To see the results of the climate survey, visit <http://www.af.mil>.

Nihon-go now

⇒ **Happy birthday, _____!**
Otanjoubi omedetou gozaimasu, _____!
(oh-tah-n-joooh-bee oh-meh-deh-tooh goh-zah-ee-mah-soo, _____!)

⇒ **How old are you?**
Nansai desuka.
(nah-n-sah-ee dess kah.)

AD

Family Advocacy encourages parents to appreciate their children

Annual child abuse prevention month kicks off, includes contests, classes, student puppet show

By Senior Airman Katie Thomas
Editor

The Family Advocacy office is seeing the glass half full during Child Abuse Prevention Month.

This year the nationally-recognized month aims to raise appreciation for children.

"Children are our most precious commodity," said Family Advocacy outreach manager Hugh Clark. "This month is in honor of our children and

expressing appreciation for them."

The office will also host "Puppets Prevent Abuse" shows presented by the Yokota High School drama class April 24 at 9 a.m. and 1 p.m. at the school's theater. About 200 first and second grade students will attend the puppet shows.

A contest sponsored by the Delta Sigma Theta Sorority Inc. Tokyo Alumnae Chapter is scheduled for April 28 beginning at 9 a.m. at the Family Support Center parking lot. Contestants have the opportunity to win

a car with two years Japanese Compulsory Insurance if they can keep one hand on the car longer than their fellow contestants. Representatives from the Family Support Center, Family Advocacy and Sexual Assault Response Coordinator will have booths open and offer information about child abuse prevention during the contest.

Family Advocacy staff members will have an information table set up at the Yokota Community Center and commissary throughout the month. Community members can talk with the staff and pick up reference material.

"Healthy parents equal healthy children," said Mr. Clark. "We encourage people to

come see us voluntarily because when they are referred by a first sergeant, commander or security forces there will be negative consequences. If they voluntarily see us, there is only a short-term clinician file kept and no negative effect on their career."

Classes include a one-hour stress management workshop held the second Tuesday of each month at the Health And Wellness Center beginning at noon. Family Advocacy also offers classes about common sense parenting, parenting young children, and fatherhood.

For more information, to sign up for a class, or to sign up for the car contest, call the Family Advocacy at 225-3648.



photo by Capt. David Westover

'Surprise!'

Former Staff Sgt. Chris Richardson, deployed from the 374th Contracting Squadron, is promoted to technical sergeant during a Video Teleconference last week. He was promoted under the Stripes To Excellent Performers program. His wife and base senior leadership announced the promotion via VTC.

Fathers, daughters invited to basewide dance

By Senior Airman Katie Thomas
Editor

The Yokota Enlisted Spouses Club is inviting family members out for a night of dancing April 29 from 6 to 9 p.m.

The base private organization is sponsoring a base-wide father-daughter dance at the Enlisted Club this month.

Tickets are \$30 for a father-daughter pair and \$10 for each additional daughter attending. Daughters from infant age to 18 years can attend.

Attire is business casual or semi-formal, with no jeans or t-shirts.

Fathers and daughters will be treated to dancing, games, prizes, food and the opportunity to get their photos taken throughout the evening.

"Often times we don't get to make as many memories with our children because of deployments and just taking care of daily life," said Melody Hardbarger, YESC representative. "This is one opportunity to make a memory and spent quality time together."

The dance is purposely scheduled between Air Expeditionary Forces deployment cycles 9/10 and 1/2 in hopes of making the dance available to more families.

The funds raised by the dance will directly benefit the base community, said Ms. Hardbarger. It will be ear-marked for scholarships for the graduating high school seniors this summer and for base spouses this fall.

Community members can buy tickets Saturday and Sunday at the Yokota Community Center from 11 a.m. to 2 p.m., and April 22 and 23 at the same times and locations. The YESC will also be selling tickets at various times throughout the following weeks at the YCC.

For more information or to buy tickets, call Melody Hardbarger at 227-9373.

AD

Space A:

With Spring Break nipping at base's heels, travelers reminded 'All flights are subject to change'

By Lt. Col. Stewart Haire
730th Air Mobility Squadron

If you have ever traveled "Space A" or Space Available with the Air Mobility Command, you've probably been told, "All flights are subject to change."

This was demonstrated just the previous Saturday when Yokota's passenger terminal had 33 passengers selected to fly to Travis, then the mission was changed to add a stop at Osan Air Base, Korea. They needed to take a maintenance repair team and some parts from Yokota to fix a broken aircraft. Of those original 33 passengers, only 15 were then able to fly all the way to Travis. The 18 remaining had a change in plans and they either had to wait for the next flight or fly commercial.

With Spring Break upon us, many of our troops are taking advantage of flying Space A to destinations including Singapore, Okinawa, Korea, Seattle, Hawaii and many other

destinations around the United States and world.

But are they prepared?

Do your troops have:

⇒ enough leave to cover delays enroute?

⇒ enough cash to cover hotel costs and meals while waiting for next flight?

⇒ enough cash to buy a return airline ticket if they can't get on a return Space A flight? Although there may be a flight going to a destination, there is no guarantee that there will be a flight returning to Yokota any time soon.

As good wingmen, help your fellow airmen out this Spring Break and ensure they have a plan in place in case their Space A flight breaks or gets rerouted to Korea.

Here are a few more pointers to keep you prepared for whatever lies ahead of you on the Space A front:

⇒ You must be on leave or pass to travel Space A before you can sign-up.

⇒ Sign-up at the terminal in person, by fax at 225-9768 or send an e-mail to *space.available*

@yokota.af.mil as soon as your leave starts. Priority is given to those who've waited longer.

⇒ Double check with our Passenger Service Agents to ensure you are signed-up

⇒ Check the status of your desired flight often. The next day's schedule changes are published at approximately 1 a.m. but change can occur throughout the day

⇒ Show at least 30 minutes prior to roll call to be marked present. If you are not marked present, you will not be selected to fly.

⇒ Sometimes aircraft depart early to accomplish their primary mission, which causes an early roll call, you must be in the terminal to hear the roll call announcement or you will miss that flight. Show early and be patient.

⇒ Bring food, meals can be purchased at Yokota, but some terminals don't offer in-flight meals.

⇒ Pets are not allowed to travel Space A.

⇒ Checked baggage is limited to 2 pieces per passen-

ger at 70 pounds each; bags weighing 71 to 100 pounds will be considered two pieces, 100 pounds is max weight for a bag.

⇒ Only one carry-on bag is allowed per passenger.

Space A is a privilege that we receive for serving our country. Most Space A flights are free with the exception of the Patriot Express, which costs approximately \$26 per person from Yokota to Seattle.

The opportunity to travel to some of the most exotic location in the world for free is an incredible deal. A ticket that costs less than \$30 to the United States from Yokota is unbelievable – just check your favorite travel agency or internet source.

If you have the time and patience, it is the way to fly. Please remember that these flights are active missions serving our country and changes can happen.

Be patient, stay ready and keep your sense of adventure alive. Flexibility is the key to airpower!

Passing the buck or cheering the team?

By Lt. Col. Leslie Claravall
374th Medical Operations Squadron

"What goes around, comes around."

How true is that?

From a leadership perspective, it's plenty true.

No matter what your rank, or what the situation, think of how many times you have taught, mentored or led someone and in the end, were rewarded many times over.

By the same token, reflect back on how many times you (or somebody you know) have given someone the short end of the stick, passed the buck or didn't take the time to treat someone right. I bet that person got back what he or she sowed many times over too.

Influence, whether good or bad, does not discriminate and will ripple across the unit like a stone tossed into a pond.

Now that we are on the subject, what are some leadership examples of what "goes around, comes around?" Let's take fitness, a vital component to the success of today's Air Force.

Back in my Air Force Reserve Officer Training Corps days, I had an instructor who could run circles around us 20-year-old cadets on the track. He was "old" in our eyes and we just couldn't believe how he could beat us in the 1.5 mile run – no way!

Consequently, his leadership by example inspired me, and I have maintained a running regimen ever since, even back in the day when the Air Force replaced the 1.5 mile run with the infamous stationary bike test. Surprisingly enough, the 1.5 mile run has returned and I couldn't have predicted that I'd find myself in my instructor's shoes. What goes around, comes around, even if it is 19 years later.

Another example that can catch like wildfire is positivism and negativism. For those of you who are remotely familiar with Winnie the Pooh characters, let me illustrate using Tigger and Eeyore.

How many of you had supervisors or subordinates who you'd classify as a "Tigger?" Tiggers are downright positive, see the cup half full and are a pleasure to be around because they cheer the team even when they're losing. In short, Tiggers are energy givers – they have the ability to energize and motivate people, who in turn, energize others. The positive energy is infectious and a winning attitude spreads.

Now on the flip side, how many of you have had supervisors or subordinates who you would classify as an "Eeyore?" Eeyores tend to be negative, see the cup half empty and are not easy to be around because they seem to have a dark cloud

over their heads all the time with a poor me attitude. In other words, Eeyores are energy sappers—they are slow moving, slow to change and sap the energy from people that in turn, leads to a draining situation where no one wants to be. For Eeyores, the journey to the destination is something to be endured, not enjoyed.

What kind of supervisor or subordinate are you? No matter which character you play remember you have the power to set the tone for the rest of the unit. What goes around, comes around.

Lastly, I want to mention the importance of taking the time to mentor, encourage and lead our troops, especially our first-term Airmen and junior officers. Honestly, we can't afford not to. They are our next generation of leaders, and if we don't prep them to take the baton from us, who will?

The ROTC instructor I alluded to earlier was not a commander at the time or even a field grade officer, but a captain who made the most impact on me of all the officers I have come across in the Air Force. He represents what an Airman's first line supervisor, instructor or mentor can do: make a positive first (and lasting) impression. After all, it was he who taught our class "What goes around, comes around," a motto I continue to use to this day.



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Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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Publisher

DUI Prevention

March 30 – April 5	0
Total DUIs in April	1
Total in 2006	1

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*

Annie Jr.

Hundreds of community members enjoy night on Broadway at the Taiyo

(Right) Annie, played by Keri Lawrence, sings to her dog Sandy, played by Madison Park. (Below) Annie leads the cast in the reprise of "Tomorrow." Cast members (left to right) A.C. May, Jennifer Higuchi, Tallie Elbert, Ben Bloom, Juna Shai, Annie, Emily Bell, Cinclaire Reynolds, Wallace Rakoczy, Taia Boswell, Mark Hunkins, and President Roosevelt, played by Jared Oxborrow. (Bottom left) Lily, played by Taylor Nefcy, Rooster, played by Ryan Wilde, and Miss Hannigan, played by Mariah Summers, belt out a rendition of "Easy Street." (Bottom right) Oliver Warbucks, played by Ben Bloom, is put in his place by Annie.



photos by Joanie Rose

(Above) Orphans Emily Bell, Wallace Rakoczy and Cinclaire Reynolds perform "You're Never Fully Dressed Without a Smile." (Above right) Drake, played by Anthony Flowe, offers to take Annie's coat at the Warbucks' Mansion, as Servant Chorus members Bryce Hart, Mark Hunkins, Jared Oxborrow, and Emma Jaques, as well as Grace, played by Jennifer Higuchi, and Mrs. Pugh, played by Jordan Park, look on.

AD

Off base

Fussa Sakura Festival: The cherry blossoms along the Tama River between Nagata Bridge and Mutsumi Bridge will be celebrated through Monday with Japanese music, dances, parades, taiko drum performances and more.

Hamarikyū Onshi Teien: This traditional Japanese garden dating back to the Edo Period will be in full bloom and lighted through April 16 to celebrate its 60th anniversary under the Tokyo Metropolitan Government. It is open 9 a.m. to 5 p.m., and it is a 15-minute walk from the JR Yamanote Line's Shinbashi Station. The cost is 300 yen for adults.

Hino Motor, Inc., Sakura Festival: This one-day festival Saturday will feature stage performances, food and game booths, and vehicle demonstrations from 11 a.m. to 3 p.m. It is cancelled if it rains. The company is a 15-minute walk from JR Ome Line's Hamura Station.

Jazz concert: The Hamura Lifelong Study Center is hosting a jazz concert by a local musician Saturday beginning at 6:30 p.m. It is a 15-minute walk from the JR Ome Line's Hamura Station. The cost is 500 yen.

Yagumo Jinja Spring Festival: This is a shrine festival located at Hamura Dam where they are paraded then placed into the dam's water. The festival is Saturday and Sunday. It is located near the JR Ome Line's Hamura Station.

Craft Festa 2006: This event held May 6 to 9 in Saitama includes crafts such as quilting, flower pressing and tole painting. There will be exhibitions, workshops, a market, and talk show. It is at the Saitama Super Arena, located a seven minutes by foot from the JR Saikyo Line's Kitayono station.

On base

Movies

Today – Annapolis, PG-13, 7 p.m.; *Inside Man*, R, 9:30 p.m.

Saturday – *Nanny McPhee*, PG, 2 p.m.; *Annapolis*, PG-13, 7 p.m.; *Inside Man*, R, 9:30 p.m. (adults only)

Sunday – *Nanny McPhee*, PG,

2 p.m.; *Inside Man*, R, 7 p.m.

Monday – *Inside Man*, R, 7 p.m.

Tuesday – *Annapolis*, PG-13, 7 p.m.

Wednesday – *Inside Man*, R, 7 p.m.

Thursday – *Nanny McPhee*, PG, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Hospital renovations

In preparation for the renovation of the hospital's second floor, the Multispecialty/Same Day Surgery Unit will relocate from the second floor to the third floor Saturday. The unit will be co-located with the Obstetric Unit.

Life Skills

Life Skills has been relocated on to the second floor of the Dental Clinic, Bldg. 1585. The center will be open in its new location on Monday. Call 225-3566.

YJEC

The Yokota Junior Enlisted Council* is hosting a barbecue party for all junior enlisted members and their families Saturday beginning at 4 p.m. at the pavilion across from the dining facility.

Volunteers needed

Yokota East Elementary School needs volunteers April 26 and 27 during its annual field day. Call 225-5503.

Wing briefing team

Auditions for the 374th Airlift Wing briefing team will be held Tuesday. Call 225-5075.

Taiyo renovations

The Taiyo Recreation Center is partially closed Monday through mid-August while it is renovated. The thrift shop and some classrooms will remain open during the renovations. Call 225-6955.

Base assessment

The 374th Airlift Wing's Information Assurance Office is conducting a Telecommunications

Monitoring and Assessment through May. This assessment is to certify telecommunications here are in compliance with Department of Defense regulations. All base personnel and units here and attached to Yokota may experience spot inspections during April. Call 225-9000.

Free shuttle

A free shuttle is offered to Tama Recreation Center. On Fridays, it leaves the bank parking lot at 6 p.m. and departs Tama to return at 10 p.m. On Saturdays it leaves the bank parking lot at 8 a.m. and 3 p.m., and departs Tama at noon and 10 p.m. On Sundays it leaves the bank parking lot at 8 a.m. and 3 p.m., and departs Tama at noon and 9 p.m. Call 225-3308.

Band competition

The Band of the Pacific-Asia is hosting its annual Young Artists Competition April 22 beginning at 9 a.m. Applications are available at the Yokota Middle and High Schools. Applications must be turned in by Monday.

Scholarships

The Filipino American Association* is hosting an essay writing contest for all SOFA-status, college-bound high school seniors. Applications are due May 15. Visit <http://home.attmil.ne.jp/b/fil-am/index.html> or call 227-3494.

Hip Hop

The base chapel is hosting the "Attitude Determines Altitude" Outreach Conference about hip-hop music featuring G. Craig Lewis at the east chapel today at 7 p.m., and Sunday at 9 a.m. and 2 p.m. The event is open to the community. Volunteers are also needed to help set up and tear down, prepare food and drive to pick up materials. Call 225-7009.

Yokota Singles

All Yokota singles are invited to a free dinner and Bible study beginning at 5:30 p.m. in the build-

Kensei Warrior



of the Week



Staff Sgt. Jamie Gilley

Staff Sgt. Jamie Gilley, Air Force Band of the Pacific-Asia, is this week's Kensei Warrior of the Week for exhibiting the qualities of "know the ways of all professions," "become acquainted with every art," and "pay attention even to trifles."

Formerly a civil engineer power pro specialist, he is now a vocalist with Pacific Showcase and Final Approach, component groups of the Band of the Pacific-Asia, and plays percussion with the ceremonial and marching bands. He single-handedly processed 72 Air Force Achievement Medals in two weeks for the team brought together from 11 bases around the world supporting the Japan International Marching Band Festival 2005.

ing behind the Traditional Chapel. A free coffee and snack bar is also open every Friday from 7 p.m. to 1 a.m. for all singles in the same building. Call 225-7009.

Commissary

The base commissary is changing the location of numerous frozen and chilled items April 26 to 27. The commissary asks its patrons to be patient while the changes are made.

Easter chapel services

Catholic services at the Traditional Chapel:

⇒ Holy Thursday Mass of the Lord's Supper, April 13 at 7 p.m.

⇒ Good Friday Stations of the Cross, April 14 at 3 p.m.

⇒ Good Friday Liturgy, with veneration of the Cross, April 14 at 7 p.m.

⇒ Holy Saturday, the great Easter vigil, April 15 at 7 p.m.

⇒ Easter Sunday Mass, April 16 at 9:15 a.m. and 5 p.m.

Protestant services:

⇒ Maundy Thursday Service, at the Contemporary (East) Chapel, April 13 at 7 p.m.

⇒ Good Friday Service, at the Contemporary (East) Chapel, 7 p.m. April 14.

⇒ Easter Sunrise Service, at the Traditional Chapel, communion service, 7 a.m. April 16.

⇒ Easter Sunday Worship Service, April 16, regular schedule for all services.

Chapel Schedule

Traditional (West) Chapel

Catholic: Mass, Sundays at 9:15 a.m. and 5 p.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

Contemporary (East) Chapel

Protestant: Gospel service, Sundays at 11 a.m.; Korean Service, Sundays at 2 p.m.; Contemporary service, Sundays at 5 p.m.

PO disclaimer

An asterisk (*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

AD

“Quotes” & Things

*“You know what
the key to good
rebounding is?
Being tall.”*

Billy Packer

Minor League Baseball: Discount tickets are available for the Seibu Lions vs. Yomiuri Giants Japanese minor league baseball game April 29. The cost is \$1 a person. The game begins at 2 p.m. at the Invoice Seibu Dome. Transportation and parking not included. Call 225-7338.

Circuit training: The Samurai Fitness Center offers “Morning Madness” circuit training Tuesdays and Thursdays from 6 to 7 a.m.

Karate: Free karate lessons are offered for ages six and older in the Natatorium’s aerobics room Saturdays from 3 to 5 p.m. Call 225-5880.

Half-marathon: Camp Zama is hosting a half-marathon, 5K and children’s race at Sagami Depot April 23. Call 263-5995.

National Public Health Week: April 3 to 9 is celebrated as National Public Health Week. About 76 million people get sick from food-borne illnesses each year, 300,000 more are hospitalized for the sicknesses, and 5,000 die. Safe food handling at home includes hand-washing, sanitized food preparation, preventing food from cross-contaminating between cooked and uncooked foods, and cooking and thawing foods at correct temperatures. Call 225-4360.

Submissions: Send sports stories, photos, stats and more to the newspaper staff for consideration at: fuji.flyer@yokota.af.mil.

Tai Chi classes offer peace, relaxation

Low-impact exercise method focuses on building physical, mental strength



photo by Capt. Ben Alumbaugh

James Hopewell, Sylvia Saiki, and Cathy Washington synchronize one of many movements during their Tai Chi class. The class is free and open to the public.

By Capt. Ben Alumbaugh
374th Airlift Wing Public Affairs

People looking for a low impact way to keep themselves in shape can take a centuries old art form for a cathartic physical and mental experience.

Tai Chi can perhaps best be thought of as a moving form of yoga and meditation combined. There are a number of so-called forms, which consist of a sequence of movements. Many of these movements are originally derived from the martial arts, although the way they are performed in Tai Chi is slowly, softly and gracefully with smooth and even transitions between them.

“This started many years ago when a woman who was stationed here had studied Tai Chi and gained the status of master,” said Ms. Sylvia Saiki. “While she was here she started the class and we’ve continued it.”

“All the worries of the world disappear when I perform Tai Chi,” she said. “Also, I lost 18 pounds and my blood pressure went down.”

For many practitioners the focus in doing Tai Chi is not, first and foremost, combative, but as a meditative exercise for the body. In Chinese philosophy and medicine there exists the concept of ‘chi’, a vital force that animates the body. One of the avowed aims of Tai Chi is to foster the circulation of this ‘chi’ within the body, the belief being that by doing so the health and vitality of the person are enhanced.

Another aim of Tai Chi is to foster a calm and tranquil mind, focused on the precise execution of these exercises. Learning to do them correctly provides a practical avenue for learning about such things as balance and rhythm of movement. Thus the practice of Tai Chi can in some measure contribute to being able to better stand, walk, or run. Many practitioners notice benefits in terms of correcting poor postural, alignment or movement patterns which can contribute to tension or injury.

The class is free and held every Monday and Wednesday night at the Eastside Elementary School gym from 6 p.m. to 7 p.m.

Low-impact water class just for moms

By Senior Airman Katie Thomas
Editor

The Health And Wellness Center is offering a new class geared specifically for expecting mothers.

The “Fit Mom” classes are a low-impact exercise program giving women a way to continue or to start a fitness regime during their pregnancy.

Held at the Natatorium beginning this Saturday at 9:30 a.m., the “Fit Mom” classes are open to all expecting moms as long as they have medical clearance from their doctor. The class is free of charge to all community members.

“It has been shown that maintaining or beginning a fitness program during pregnancy can help ease labor and delivery,” said Jill Goff, class instructor and fitness program manager at the HAWC. “It also cuts the risk of gestational diabetes and excessive

weight gain due to pregnancy.”

Active duty women can also find it easier to transition back into their regular physical training program after giving birth by participating in the class, she said. All mothers can benefit from a faster recovery time after birth.

The classes are designed so that whether an expecting mother is a regular marathon runner or completely new to the fitness scene, they can participate. The class is held entirely in the pool and includes walking in the water, lap swimming and hydra-circuits (or circuit training conducted in the water).

“It definitely provides a total-body workout for our expecting moms,” she said.

This type of exercise is equally important for both mom and baby, explained Ms. Goff.

“It increases the amount of oxygen both the mom and baby get, which helps mom’s cardio-

vascular and respiratory systems, positively affecting the baby also,” said Ms. Goff.

She was certified to teach the expecting mother’s fitness class while stationed at her previous base, and she proposed the fitness class to her supervisor after arriving at Yokota.

“Right now we are going to just hold classes on Saturday mornings, however if we see that there is a demand we will consider holding more classes during the week,” said Ms. Goff.

Expecting mothers are advised to consult with their doctor before attending the class to ensure that they are clear to participate.

Expecting mothers can contact Ms. Goff with questions about physical fitness during pregnancy by calling 225-8322. For questions concerning nutrition, they can call Tech. Sgt. Tammy Pfeifer at the same phone number.

**Billy Blanks,
Tao Bo creator,
is visiting
Samurai Country!**

*Be at the Samurai Fitness
Center Saturday at 5 p.m.
as he personally leads a
workout you won’t forget.*



AD